

SELF

\$63,564
Worth of
Freebies!

BURN 500 CALORIES

EXTRA EVERY WEEK!

Trick Your Body Into
Losing Weight Faster

Less
Effort,
Amazing
Results

Glowy Skin, Shiny Hair!

Tips You've Never Seen Before

EASY MONEY

Have More Fun, Save Big Bucks!

FLAT-BELLY SECRETS

Footloose's Julianne Hough
Reveals Her No-Crunch Toners

25 WAYS TO EAT HEALTHIER (without even trying)

Have friends over!

Tasty, Slimming Recipes
to Throw Together Tonight



NEED A
BEACH
VACATION?

Snap This
Tag Now
Plus, More
Prizes
on Every
Story

See p. 12
for details

\$3.99 US
NOVEMBER 2011
\$4.99 FOREIGN





Group dynamics: Exercise feels easier with buds, a study in *Biology Letters* indicates.

Zobha Ella Tank
Featured in SELF, Nov. 2011

Burn cals with pals



Instead of shelling out for private sessions with a pricey trainer, savvy fitness-istas are all about small-group training. **Meaghan B. Murphy**, SELF's fitness director, shows you how to team up and slim down!

Trend alert! "Small-group training is booming—it makes up 99 percent of my business," says Peg Pardini, a trainer in Mount Lebanon, Pennsylvania. "It's economical, for one thing, but the social aspect is what has women hooked." My own sister, Erin Kurdyla, owner of M&E Fitness in Bridgewater, New Jersey, trains a crew of 5 to 10 women, and she couldn't agree more. (That's Erin, above, surrounded by regulars.) "Women hire me to lead what I think of as an 'interactive coffee date.' We vent and swap stories while getting a supereffective workout." Key word: *effective*. Just ask Janet Turchi, a mom of three in Erin's group who lost 30 pounds. "I push myself much harder with the girls than I do alone, and the camaraderie keeps me coming back," she says.

How it works A group of 10 or fewer (more gets unwieldy) hires an expert and meets at a park or home. The pro maps out a circuit routine with 6 to 12 move stations. Each person cycles through one of the exercises for 30 seconds or more, rotating to the next when the trainer calls time. All fitness levels are welcome: Working out with a stronger partner propels you to dig deep, a study from Michigan State University reports.

What you'll pay Depending on the size of the group, a fit club can run you as little as \$12 a person per session, compared with \$60 or more for one-on-one training, Pardini says. To nab a pro, she adds, search sites (such as ACEFitness.org) that guarantee certified trainers, gather the gals and get started!

YOUR TURN

No access to a pro? You can still give small-group training a go with this do-anywhere DIY routine.

Your expert Kurdyla polled her clients for their favorite firmers and compiled six standouts. Turn to the tear-out cards for the winning whittlers.

You'll need A pair of 5- to 8-pound dumbbells, a few fit-minded friends and a stopwatch.

What to do Arrange six stations. Begin as a team with a five-minute warm-up. Jog, do jumping jacks—anything to get your heart pumping. Then split up at different stations. Do the indicated exercise, moving to the next after 30 seconds; have one teammate man the clock. Complete each of the six stations a total of three times and you're done. High-fiving is highly encouraged!



SNAP TO WIN!
One BodyMedia Fit Core Armband (\$179) with a one-year subscription to its online Activity Manager (\$83)
See it at Self.com.

Fashion

Cover American Eagle Outfitters sweater, \$50; AE.com. Work Custom Jeans shorts, \$150; Singer22.com. Red bracelets, \$80 each; Dannijo.com. Watch, \$1,700; TAGHeuer.com for stores. Elisa Solomon Jewelry multicolored bracelet, \$2,940; ElisaSolomon.com. Robindra Unsworth rings, \$175 for set of three; Robindra.com. What Goes Around Comes Around belt; 212-343-1225 for similar styles.

Page 10 Bra, \$36; AloSport.com. Tonic Lifestyle Apparel capris, \$84; MyTonic.ca for stores. Watch, \$40; ShopAdidas.com. **Page 14** Peter Som jacket, \$1,403, and pants, \$745; 212-221-5991. Hat, \$225; APC.fr. Janis by Janis Savitt earrings, \$415; 212-245-7396. Fallon cuff, \$275; Barneys.com. Socks, \$25, and boots, \$125; Hunter-Boot.com. On him: blazer, \$560; APC.fr. J Brand jeans, \$192; select Neiman Marcus, 888-888-4757. Boots, \$125; Hunter-Boot.com.

Page 16 Dress, \$368; Magaschoni.com.

Page 28 Rebecca Taylor dress, \$325; 212-243-2600. Necklace, \$585; BeckyKelso.com. Dodo bracelet, \$750; 800-254-6020.

Page 34 Cardigan, \$50; The Limited.com. Rebecca Taylor cami, \$225; 212-243-2600. Shorts, \$30; OldNavy.com.

Page 46 Clockwise from top left: Chaiken and Capone sweater, \$228; The Store, 415-888-8796. Jacket, \$560; APC.fr. Comptoir des Cottonniers jacket, \$375; 212-352-3069. MM6

Maison Martin Margiela sweater, \$595; 310-284-8093. **Page 48** Ralph Lauren Blue Label jacket, \$598; RalphLauren.com. DKNY scarf, \$125; 800-231-0884.

Page 76 From left: blue tank, \$60; Sugoi.com. C9 by Champion purple tank, \$15; Target.com. Capris, \$60; Nike.com. Purple tank, \$68; Zobia.com. Tonic Lifestyle Apparel shorts, \$46; MyTonic.ca for stores. Blue top, \$20; ShopAdidas.com. Capris, \$40; ChampionUSA.com. Lija blue tank, \$80; LijaStyle.com. Shorts, \$48; Lululemon.com.

Page 77 Tank, \$48; AloSport.com.

Page 80 Gray and black tank,

\$88; SweatyBetty.com. Black bra, \$37; AloSport.com. Shorts, \$28; SweatyBetty.com. Leg warmers, \$42; KDance.com. Red bra, \$16; Capezio.com for stores. Mara Hoffman striped pants, \$209; Saks Fifth Avenue. Sweater, \$78; MichaelStars.com. Pants, \$98; CAndCalifornia.com. Sneakers, \$85; Asics.com. **Page 93** Shirt, \$46; Wildfox Couture.com. J Brand shorts, \$143; Bloomingdale's. **Page 97** Maison Martin Margiela sweater, \$930; 212-989-7612. Comptoir des Cottonniers top, \$120; 212-352-3069.

Page 108 Bra, \$26; ChampionUSA.com. Shorts, \$42; Lululemon.com. **Pages 110-111** Watch, \$55; ShopAdidas.com. Sneakers, \$90; Reebok.com.

Page 112-113 C9 by Champion sports bra, \$17; Target.com. Shorts, \$44; 15LoveApparel.com.

Page 118 Jacket, \$75; Brooks Running.com. Eco Swim by Aqua Green swimsuit, \$98; BonTon.com for stores. Sweatband;

AmericanApparel.net. Watch, \$30; PisolModa.com. Sneakers, \$100; Reebok.com. **Page 119** Under Armour jacket, \$75; UA.com. Rings, \$25 each; SilvaBradshaw.com. **Page 120** Jacket, \$42; ChampionUSA.com.

Waist pack; ArcTeryx.com. **Page 121** Jacket, \$120; Sugoi.com. Wristband, \$6; Nike.com.

Page 124 Tank, \$65; TedBaker.com. BCBGMaxAzria skirt, \$178; BCBG.com. Earrings, \$133; ElizabethColeJewelry.com. Necklace, \$80; Emily Rothschild.com. Pink bracelet, \$115; ArielGordonJewelry.com. Bluma Project bangles, \$60 each; OtteNY.com. Manolo Blahnik shoes, \$745; Bergdorf Goodman, 212-753-7300.

Page 128 Jacket, \$30; HM.com for stores. Jill Stuart dress, \$498; 212-343-2300. DKNY sweater, \$195; 800-231-0884. Eugenia Kim hat, \$231; Zappos.com. Assad Mounser necklace, \$275; Net-A-Porter.com. Shoes, \$275; JCrew.com. **Page 129** Strenesse Gabriele Strehle blazer, \$1,100, and pants, \$610; Pamela Robbins, 914-472-4033. James Coviello for Anna Sui sweater, \$297; 212-941-8406. Hat, \$88; Wal-Accories.com. Echo scarf, \$98; EchoDesign.com.

Page 130 Marni dress, \$810;

212-343-3912. Shirt, \$110; JCrew.com. Earrings, \$320, and necklace, \$545; Dannijo.com. Socks, \$5; KBellSocks.com. Marc Jacobs shoes, \$1,345; 212-343-1490. On him: Sweater, \$80, and shirt, \$24; Topman.com. Boots (by tent), \$278; TheFryeCompany.com. **Page 131** Blazer, \$425; StevenAlan.com. PureDKNY sweater, \$425; 800-231-0884. See by Chloé blouse, \$360; Net-A-Porter.com. Tucker pants, \$324; Nordstrom. Janis by Janis Savitt necklace, \$490; 212-245-7396. Erickson Beamon for Anna Sui belt, \$895; Beyond Seven, 646-619-6857. R.I. Graziano bracelet, \$25; 212-685-1248. Watch, \$2,375; Hermes.com. On him: Agnès B. Homme sweater, \$365; 212-431-1335.

Page 132 Tommy Hilfinger dress, \$90; Macy's. Blouse, Alice AndOlivia.com for similar styles. Marc by Marc Jacobs necklace; MarcJacobs.com for similar styles. Janis by Janis Savitt cuff, \$675; 212-245-7396.

Socks, \$30; Falke.com. Missoni for Target boots; Target.com for similar styles. **Page 133** Sonia by Sonia Rykiel sweater, \$525, and blouse, \$395; Saks Fifth Avenue. Marc by Marc Jacobs pants, \$358; HoltRenfrew.com for stores. Sunglasses, \$255; PaulSmithSpectacles.com.

Scarf, \$33; Fraas.com. Antik Batik necklace, \$172; Net-A-Porter.com. Beaded bracelets, \$1,800 and \$2,400 each; ElisaSolomon.com. Multistrand bracelet, \$200; VanessaMooney.com. Marc by Marc Jacobs shoes, \$390; Bloomingdale's. On him: Paul Smith London blazer, \$1,100; 646-613-3060. Club Monaco sweater, \$90; 212-459-9863. Tommy Hilfinger shirt, \$65; Macy's. Paul Smith Jeans pants, \$285; 646-613-3060.

Bottega Veneta sunglasses, \$475; 800-845-6790. Tie, \$120; Psycho-Bunny.com. Boots, \$120; LacrosseFootwear.com.

Page 134 Paul Smith Black Label coat, \$941. Paul X by Paul Smith blouse, \$250, Paul Smith Women shirt (over blouse), \$1,115, and skirt, \$955; PaulSmith.co.uk. Janis by Janis Savitt necklace, \$615; 212-245-7396. Tights, \$43; Fogal.com. Shoes, \$228;

AnnTaylor.com. On him: Paul Smith coat, \$1,845; 646-613-3060. **Page 135** Blazer, \$560, and skirt, \$235; APC.fr. Suno multicolored top, \$495; SunoNY.com. Paul Smith Women shirt, \$515; 646-613-3060. Eugenia Kim hat, \$209; Shopbob.com. Aurélie Bidermann necklaces (on wrist), \$110 each; Net-A-Porter.com. Socks, \$10; Hue.com. Marc by Marc Jacobs boots, \$330; MarcJacobs.com for stores.

Beauty

Unless otherwise noted, all products are available at select department stores or mass retailers.

Page 45 Murad.com. **Page 46** Aloxxi.com for locations. INOA, INOA-US.com for locations. Pureology.com for locations. **Page 50** Kerastase, Kerastase-USA.com for locations. **Page 52** EauDeNou.com. Emilio Pucci, Sephora.com. Clean, Sephora.com. Reveal by Halle Berry, Target.com. Tocca.com. BondNo9.com. Susan G. Komen, ShopKomen.com. **Page 55** LivGrn.com. Hanae Mori, HanaeMoriParfums.com. Laugh Often by Reese Witherspoon, Avon.com. Laughter Jour, Space NK.com. Creed, Creed Boutique.com. **Page 60** Tattooed by Inky, InkyNYC.com. Flight Michael Jordan, Parfumania.com. **Page 65** Super by Dr. Nicholas Perricone, Sephora.com. Priori, PrioriSkincare.com.

Page 121 Davines, News.Davines.com for locations. Tangle Tamer by Plugged In, SallyBeauty.com. Perfect Formula, Sephora.com.



SNAP TO WIN!
One HyBridge Lite jacket from Canada Goose (\$450)
See it at Self.com.

get-it guide

Fight the effects of aging!



The First All-in-One Total Body Daily Defense with:
CoQ10, Vitamin D3, Resveratrol, Green Tea, Ginkgo, Lutein, Omega 3 Oils & much more!

Available for purchase with coupon in fine stores everywhere or online at:

www.appliednutrition.com

Enter Coupon Code: 010723

Walgreens



ANTI-AGING TOTAL BODY DAILY DEFENSE
SAVE \$2
EXPIRES 01/31/12 MANUFACTURERS COUPON

Customer: Redeemable at retail locations only. Not valid for online or mail-order purchases. Retailer prints. Retailer will reimburse you for the face value plus 8 cents handling provided it is redeemed by a customer at the time of purchase at the brand specified. Coupons not properly redeemed will be void and held. Reproduction by any party by any means is expressly prohibited. Any other use constitutes fraud. Invo Naturals reserves the right to deny reimbursement (due to misuse, tampering, activity) and/or request proof of purchase for coupon(s) submitted. Mail to: CMO Dept. 1004, Invo Naturals, 11600 West Drive, Del Rio, TX 78840. Cash value: .001 (cents). Void where taxed or restricted. ONE COUPON PER PURCHASE. Not valid for mail order purchases. Retail only.

0710363-010723

5 10363 26382 5

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

appliednutrition

SELF IS A REGISTERED TRADEMARK OF ADVANCE MAGAZINE PUBLISHERS INC. COPYRIGHT ©2011 CONDÉ NAST. ALL RIGHTS RESERVED. PRINTED IN THE U.S.A. VOLUME 33, NO. 11. SELF (ISSN 0149-0699) is published monthly by Condé Nast, which is a division of Advance Magazine Publishers Inc. PRINCIPAL OFFICE: The Condé Nast Building, 4 Times Square, New York, NY 10036. S. I. Newhouse, Jr., Chairman; Charles H. Townsend, Chief Executive Officer; Robert A. Sauerberg, Jr., President; John W. Bellando, Chief Operating Officer/Chief Financial Officer; Jill Bright, Chief Administrative Officer. Periodicals postage paid at New York, NY, and at additional mailing offices. Canada Post Publications Mail Agreement No. 40664503. Canadian Goods and Services Tax Registration No. 123242885-RT0001. Canada post: Return undeliverable Canadian addresses to P.O. Box 574, Station Main, Markham, ON L3P 8L4. POSTMASTER: SEND ADDRESS CHANGES TO SELF, P.O. Box 37662, Boone, IA 50037-0662. FOR SUBSCRIPTIONS: ADDRESS CHANGES, ADJUSTMENTS OR BACK-ISSUE INQUIRIES: Please write to SELF, P.O. Box 37662, Boone, IA 50037-0662, call 800-274-6111 or email subscriptions@self.com. Please give both new and old addresses as printed on most recent label. Subscribers: If the U.S. Postal Service alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within one year. If during your subscription term or up to one year after the magazine becomes undeliverable, you are ever dissatisfied with your subscription, let us know. You will receive a full refund on all unmailed issues. First copy of new subscription will be mailed within eight weeks after receipt of order. Address all editorial, business and production correspondence to SELF Magazine, 4 Times Square, New York, NY 10036. For permissions and reprint requests, please call 212-630-5656 or fax requests to 212-630-5883. Visit us online at Self.com. To subscribe to other Condé Nast magazines on the World Wide Web, visit CondéNet.com. Occasionally, we make our subscriber list available to carefully screened companies that offer products and services that we believe would interest our readers. If you do not want to receive these offers and/or information, please advise us at P.O. Box 37662, Boone, IA 50037-0662 or call 800-274-6111. SELF IS NOT RESPONSIBLE FOR THE RETURN OR LOSS OF, OR FOR DAMAGE OR ANY OTHER INJURY TO, UNSOLICITED MANUSCRIPTS, UNSOLICITED ARTWORK (INCLUDING, BUT NOT LIMITED TO, DRAWINGS, PHOTOGRAPHS AND TRANSPARENCIES) OR ANY OTHER UNSOLICITED MATERIALS. THOSE SUBMITTING MANUSCRIPTS, PHOTOGRAPHS, ARTWORK OR OTHER MATERIALS FOR CONSIDERATION SHOULD NOT SEND ORIGINALS, UNLESS SPECIFICALLY REQUESTED TO DO SO BY SELF IN WRITING. MANUSCRIPTS, PHOTOGRAPHS AND OTHER MATERIALS SUBMITTED MUST BE ACCOMPANIED BY A SELF-ADDRESSED STAMPED ENVELOPE.